

## Shape up! (Paperback)



Filesize: 7.83 MB

### ***Reviews***

*Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.*

*(Bernardo Feeney Jr.)*

## SHAPE UP! (PAPERBACK)



Meyer Meyer Sport (UK) Ltd, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. This is the second book in the series that contains 100 conditioning workouts that focus on building swimming capacity, with specific workouts for each of the competitive swimming strokes, and overall endurance. The workouts in this book use interval training, speed play, and stroke contrasting sets that total up to 3,500 yards/meters. Each workout is accompanied by a Tip of the Day to help swimmers get the most benefit out of their conditioning routine through heart rate monitoring, stroke versatility and improved strength. Coach Blythe s Swim Workouts are appropriate for the self-coached swimmer and triathletes, as well as for coaches looking for workout content for the athletes they train. The presentation of the workouts in this book series is clear and comprehensive. Photos and diagrams are included to assist with training goals. Each book begins with a motivational introduction, and contains sections on planning an on-going swimming routine, and goal setting.



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### Read Write Inc. Phonics: Orange Set 4 Storybook 7 Come on, Margo!

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 180 x 100 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

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### The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds

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Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

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### Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

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### Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

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**The Three Little Pigs - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own

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**The Mystery on Alaskas Iditarod Trail Real Kids, Real Places**

Gallopade International. Paperback. Book Condition: New. Paperback. 150 pages. Dimensions: 7.3in. x 5.2in. x 0.5in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an

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Pearson Education (US). Paperback. Book Condition: new. BRAND NEW, My Kindle Fire HDX, Jennifer Ackerman Kettell, Step-by-step instructions with callouts to Kindle Fire HDX photos that show you exactly what to do Help when you

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**The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up**

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in. Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we

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**A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half**

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to

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